

我是前往德國巴登符騰堡合作型大學進行交換，位在德國南邊鄰近司徒加特以及慕尼黑，於Bodensee旁，湖的另一端便是瑞士。這所大學的機制類似於台灣的建教合作，這邊的教授多半也同時是某個公司行號的主管或者曾在公司就任的老師，而這邊的學生的大致上可以分成A組與B組，因為他們學制是3個月為一個學期，所以A與B兩組會輪流去上學一個學期後到配合的公司上班一個學期，以此輪替，算是跟台灣比較不同的教育體制，也因此如果在這邊待超過一個學期便可以認識不同組的德國同學。我覺得以歐洲其他的國家來說，德國人與台灣人的價值觀算是比較相似一點，雖然普遍我們刻板印象中的德國人好像很嚴肅，不過實際到這邊之後發現他們非常熱心也很真誠的對待每一個人。在分組工作上也可以感受到他們很有責任感、樂於討論，他們同時也非常有原則，對於守規矩的我們來說我覺得相對是價值觀與生活習慣蠻相似的。

談論我喜歡的課程其實有許多，因為這邊上課的方式有很多都是互動性質高，並且會樂於大家討論、分享經驗等等的，與中山教學的方式我覺得不太一樣，但最喜歡的課程應該是 ” Cultural Aspects of Germany ” 雖然課程名稱與德國有關，但除此之外課程中討論到許多不同國籍習慣的生活方式，也介紹了許多不同文化間的差異性。喜歡這門課主要是因為老師喜歡透過遊戲、互動的方式讓我們感覺到不同文化間常常產生的誤會以及誤解，要如何去解讀以及適應等等，在這邊生活同樣也會遇到許多不同國籍的學生，我認為是非常受用在這邊的日常生活中，畢竟不同文化中存在著巨大的價值觀差異，因此上過這門課後我更加理解如何去與不同國籍的朋友們相處。

因為我本身適應環境的能力算不錯，所以在交換的過程中少有因為環境而感覺到不適，反而對於學習怎麼樣與室友溝通及表達自己的想法是比較大的困難，而且對於自己本身的語言能力也很自卑，不太敢講。但是由於第一個學期遇到的室友是來自義大利的女生，她非常充滿我對義大利人標準的想像，熱情、奔放、豪放不羈，不過也因為如此我們成為了很好的朋友，在周邊沒有一個會說中文的人的情況下我也不得不使用全英文對話生活每一天。起初會覺得有些疲憊，但是大約過了三個禮拜之後慢慢就習慣了，反之在後面的學期有來了其他也是中山的同學，我反倒覺得不說英文很奇怪！在這九個月當中我認識到了來自四面八方的朋友，認識了不同國家的美麗，即便只是聽著他們描述著自己的家鄉也令我滿懷欣喜，從他們身上得到對於他們的家鄉更實際的了解而非固有的刻板印象，我也了解了不同的種族、膚色、文化各自擁有的美

麗視野，英文的進步更是被室友誇獎。在交換的期間裡我收穫的太多了，我原本是很沒有自信、對於未來很悲觀迷惘的人，但在這短短的幾個月中，我收穫了來自世界各地的朋友，他們讓我找回我失去的自信心，在看見了不同國家的樣貌之後我對於未來的想像更多也更廣了，而且這次我深刻地認為自己做得到，我也不再是以往躊躇不前的樣子了，比起在原地擔心、害怕失敗，我更願意直接放手一搏去嘗試我從未嘗試過的新事物，因為在這幾個月中我深刻的體悟到沒有什麼事情是「不可能」的，只要肯嘗試都一定會找到辦法。我很感激能有這個機會到了我夢想的、遙遠的世界去探索，真的收穫滿滿。我認為只要有機會，一定要到不同的地方去交換看看，我在這次交換的過程中打開了新的視野、新的世界，在世界的另一端有許多事情在台灣的我們或許知道的並非是完全的資訊，縱使網路上充斥許多的影片、討論，但仍然不及直接到當地去生活，親身去了解，要來的真實。

I went on an exchange program to the Baden-Württemberg Cooperative State University in southern Germany, near Stuttgart and Munich, by Lake Bodensee, with Switzerland just across the lake. The university operates similarly to Taiwan's work-study programs, where professors often hold management roles in companies or have previously worked in them. Students are divided into two groups (A and B), each taking turns attending university for a semester and then working at partner companies for the next semester. This unique system offers a chance to interact with different groups of German students if you stay for more than one semester.

In terms of values, Germans are somewhat similar to Taiwanese. Despite the stereotype of Germans being serious, I found them to be warm and sincere. During group work, they showed a strong sense of responsibility, enthusiasm for discussions, and adherence to principles, which aligned well with our values and habits.

I enjoyed many courses, but my favorite was "Cultural Aspects of Germany." While focused on Germany, it covered customs and lifestyles from various countries, discussing cultural differences and how misunderstandings arise. The course, which included games and interactive activities, taught me how to navigate these differences. Since I interact with people from diverse backgrounds daily, this course greatly helped me understand how to communicate with people from different cultures.

I adapt well to new environments, so I rarely felt uncomfortable during the exchange. However, I struggled with communication and lacked confidence in my language skills. My first roommate, an Italian girl, embodied my image of Italians—warm, passionate, and carefree. We became close friends, and I had to speak English daily, as no one around me spoke Chinese. Although it was tiring at first, after three weeks, it became easier. By the next semester, when other Taiwanese students arrived, I felt strange not speaking English!

Over the nine months, I met friends from all over the world, learned about the beauty of different countries, and gained a deeper understanding of cultures beyond stereotypes. My English improved, and I became more confident. Initially uncertain about my future, this experience opened my eyes and gave me a broader perspective. I no longer hesitate in fear of failure but am eager to try new things. I've learned that nothing is impossible if you're willing to try.

I'm grateful for the opportunity to explore a distant world and believe that exchange programs are invaluable. They offer real experiences that can't be fully captured online, providing a deeper understanding of the world.